

# Adult Overweight, Obesity and Body Mass Index (BMI)

Overweight refers to an excess of body weight compared to set standards. The excess weight may come from muscle, bone, fat and/or body water.

- A person who's BMI is above 25 is considered **overweight**.
- Having a BMI of 30 and above is considered **obese**.



Obesity refers specifically to having a higher proportion of body fat. A number of methods are used to determine if someone is overweight or obese. Some methods are based on the relationship between height and weight; others are based on measurements of body fat.

Today, the most widely used method of measurement is **Body Mass Index (BMI)**.

**BMI** can be used to screen for both overweight and obesity in adults.

- BMI is the measurement preferred by many health professionals.
- BMI is the definition used in most published information on overweight and obesity.
- BMI is a calculation based on height and weight.
- BMI is not gender-specific.
- BMI does not directly measure percent of body fat, but is a more accurate indicator of overweight and obesity than relying on weight alone.

Individuals who are very active may also have a high BMI - this may represent false health risks. For example, athletes and body builders often have a large proportion of their body weight that comes from lean body mass (muscle tissue) not fat.

A person may also have a normal weight BMI, but be unhealthy because of improper food choices and a sedentary lifestyle.

**BMI measures are not always accurate for everyone. A healthy diet and daily physical activity are still key components to a fit lifestyle!**



# Adult BMI Chart

1. Read down this side of the chart to find your height in inches ↓

2. After you find your height, read across to find your weight. →

3. BMI is located above the weight column. ↑

4. For example, a person 5'7" tall (67") weighing 185 pounds has a BMI of 29.

| BMI          | 19           | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 35  | 40  |
|--------------|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Height (in.) | Weight (lb.) |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 58           | 91           | 96  | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 167 | 191 |
| 59           | 94           | 99  | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 173 | 198 |
| 60           | 97           | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 179 | 204 |
| 61           | 100          | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 185 | 211 |
| 62           | 104          | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 191 | 218 |
| 63           | 107          | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 197 | 225 |
| 64           | 110          | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 204 | 232 |
| 65           | 114          | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 210 | 240 |
| 66           | 118          | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 216 | 247 |
| 67           | 121          | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 223 | 255 |
| 68           | 125          | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 230 | 262 |
| 69           | 128          | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 236 | 270 |
| 70           | 132          | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 207 | 243 | 278 |
| 71           | 136          | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 250 | 286 |
| 72           | 140          | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 258 | 294 |
| 73           | 144          | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 265 | 302 |
| 74           | 148          | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 272 | 311 |
| 75           | 152          | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 279 | 319 |
| 76           | 156          | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 287 | 328 |

**BMI 18.5-24.9 = Healthy Weight**

**BMI 25-29.9 = Overweight**

**BMI 30 and above = Obese**

For more information on BMI go to:

<http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-adult.htm>



# Maintain a Healthy Weight

Maintaining a healthy weight is an important way to help decrease your chance of developing a chronic disease such as diabetes, heart disease and certain cancers.

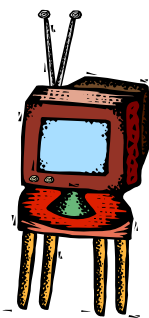
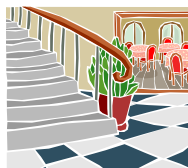
Losing as little as 5-10% of body weight (or 5-10 lbs for every 100 pounds of weight) can make a difference in your health.

## Tips to Lose Weight and Keep It Off

- Find a healthy weight range for your body type using a BMI chart or a BMI calculator: [www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm).
- Set small, realistic goals. Losing 1-2 pounds per week is considered healthy weight loss.

### Add physical activity into your daily routine.

- Walk at lunch
- Take the stairs
- Do errands on foot
- Limit TV time



**Aim for 30-60 minutes of activity a day.** This doesn't have to be done all at once. Three ten-minute walks give you the same benefit as one thirty-minute walk.

**Eat more fruits and vegetables.** They are low in calories, high in flavor, vitamins, minerals and fiber and help to make you feel full!

**Eat breakfast.** Studies show people who eat breakfast every morning are more successful at losing weight as well as maintaining the weight they have lost.

**Reduce soda and high sugar drinks.** One less can of non-diet soda per day over the course of a year can add up to 10 pounds of weight loss.

